



H-PLUS Function Exercise:

SLEEP

Function Command:

PLUS-20-20

Purpose:

This is your H-PLUS Function exercise to learn to sleep whenever you so desire.

Application:

Use this Function exercise to drop quickly into normal sleep under typical conditions. For establishing control over the sleep cycle as against inadvertent or undisciplined sleep patterns.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **SLEEP** is a good prelude to specific sleep-related H-PLUS Functions like **RESTORATIVE SLEEP**, **WAKE/KNOW** and **SWEET DREAMS**.

Examples – If you've had a tiring day at a mentally and physically demanding job, do **PLUS-20-20** with **RESTORATIVE SLEEP**. When exciting plans for the next day have you too keyed up to drop off quickly, try **SLEEP**. Begin with **SLEEP** when you're preparing to seek solutions with **WAKE/KNOW** or enjoy the dream of your choice with **SWEET DREAMS**.

Please Note:

- You may find that sleep comes quickly, even if you have exciting plans or a problem on your mind.
- Insomniac tendencies may abate, allowing you to sleep on a schedule of your choosing.

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